The American Orthopaedic Society for Sports Medicine, a world-leader in sports medicine education and its partners, the National Football League Team Physicians Society, National Football League and Professional Football Athletic Trainers Society, invite you to Denver to learn the latest in evidence-based practice, and emerging therapies in the prevention, treatment and rehabilitation of football injuries at all levels of play. The course provides 19.5 AMA PRA Category 1 Credits™.
Upon completion of this course, learners should be able to:

▶ Analyze epidemiological trends in football injuries for professional, collegiate and youth football players
▶ Integrate prevention strategies with their health care team(s) to improve musculoskeletal and medical health for professional, collegiate and youth football players
▶ Implement an effective evaluation algorithm for musculoskeletal and medical conditions afflicting football players
▶ Assess and apply surgical and non-surgical treatment recommendations and rehabilitation protocols for the management of essential musculoskeletal and medical conditions in football
▶ Implement strategies to institutionalize enhanced collaboration between allied health personnel and team physicians as they care for football athletes
▶ Analyze treatment options for a wide range of injuries
▶ Diagnose and rehabilitate common injuries and conditions

WHO SHOULD ATTEND?
Team physicians, certified athletic trainers, physical therapists, coaches or any others concerned with the management or prevention of injuries to the football team athlete.
AGENDA

THURSDAY, MAY 5, 2016

7:25 – 7:30 AM
WELCOME

7:30 – 8:25 AM
PREVALENCE OF FOOTBALL-RELATED INJURIES
- High School and College Injury Rates
- NFL Injury Statistics
- Long-Term Health-related Implications of Football: What the Evidence Says
- Question and Discussion

8:25 – 9:05 AM
PANEL DISCUSSION: IS FOOTBALL SAFE? WHO SHOULD PLAY?

9:05 – 9:35 AM
SIDELINE EMERGENCIES I
- On-Field Emergency Preparedness
- On-Field Triage of Long-Bone Fractures and Dislocations

9:35 – 10:00 AM BREAK

10:00 – 11:00 AM
SIDELINE EMERGENCIES II
- Chest and Blunt Abdominal Trauma
- Sideline Evaluation of Eye Injury
- Question and Discussion

11:00 – 11:45 AM
KEYNOTE ADDRESS – TBD

11:45 AM – 12:45 PM LUNCH

12:45 – 1:55 PM
SHOULDER INJURIES
- Glenohumeral Instability – Treatment Options
- Acromioclavicular and Sternoclavicular Injuries
- Rotator Cuff Disorders: Inflammation to Full-thickness Tears
- In-Season Rehabilitation and Bracing of the Injured Shoulder
- Question and Discussion

1:55 – 2:35 PM
UPPER EXTREMITY INJURIES
- Common Elbow Disorders and Forearm and Wrist Injuries
- Common Hand Injuries in Football
- Question and Discussion

2:35 – 2:50 PM BREAK

2:50 – 3:55 PM
SPINAL INJURIES IN FOOTBALL
- Acute Spinal Injuries in Football: What You Need to Know
- Non-emergent Conditions of the Spine: In-season Management
- Principles of Spinal Rehabilitation
- Question and Discussion

3:55 – 4:40 PM
CARDIO-PULMONARY
- Cardiac Screening in the Football Athlete
- Management of Hypertension in Athletes
- Treating the Asthmatic Athlete
- Question and Discussion

4:40 – 5:25 PM
FUTURE ADVANCES IN THE CARE OF FOOTBALL PLAYERS: WHAT’S ON THE HORIZON
- Advances in Equipment Design
- Functional Movement Screens
- Restricted Blood Flow
- Question and Discussion

5:25 – 5:30 PM DAY 1 WRAP-UP

FRIDAY, MAY 6, 2016

7:30 – 8:40 AM
HIP AND PELVIS INJURIES
- Approach to the Athlete with Groin Pain
- Labral Tears and Femoroacetabular Impingement
- Hamstring and Adductor Strains
- Rehabilitation Principles for the Hip and Pelvis
- Question and Discussion

8:40 – 9:50 AM
LOWER EXTREMITY INJURIES IN FOOTBALL I
- ACL Tears in Football Players: Timing, Graft Choice, Outcomes
- PCL Tears in Football Players: Treatment Options
- Medial Collateral Ligament Injuries
- Posterolateral Corner and Lateral Collateral Ligament Injuries
- Question and Discussion

9:50 – 10:15 AM BREAK
FRIDAY, MAY 6, 2016 (continued)

10:15 – 11:25 AM
LOWER EXTREMITY INJURIES IN FOOTBALL II
▶ Meniscus Tears: An Approach to Treatment
▶ Acute Cartilage Defects of the Knee
▶ Management of Osteoarthritis in the Adult Athlete
▶ Rehabilitation of the Injured Knee: Why it’s Important
▶ Question and Discussion

11:25 AM – 12:00 PM
PANEL DISCUSSION: The Art and Science of Return-to-Play Decisions at the High School, College, and Professional Levels

12:00 – 1:00 PM LUNCH (on own)

1:00 – 2:00 PM
ROUNDTABLE DISCUSSIONS
▶ Physical Exam Techniques:
   ▶ Cervical and Lumbar Spine
   ▶ Shoulder and Elbow
   ▶ Knee
▶ On-Field Triage
   ▶ Helmet and Shoulder Pad Removal
   ▶ Principles of Taping and Bracing
   ▶ The SCAT and X-2 Concussion Assessment Tools

2:00 – 2:55 PM
CONCUSSION UPDATE
▶ Sideline Evaluation
▶ Novel Management Strategies in Concussion, including Prolonged Post Concussion Syndrome
▶ CTE: The Current State of Evidence:
▶ Question and Discussion

2:55 – 3:10 PM BREAK

3:10 – 4:15 PM
FOOT AND ANKLE INJURIES IN FOOTBALL PLAYERS
▶ Achilles Tendon Injuries
▶ The Sprained Ankle
▶ Common Injuries to the Foot
▶ Rehabilitation of the Injured Foot and Ankle
▶ Question and Discussion

4:15 – 4:55 PM
BEYOND GAME DAY: GENERAL MEDICAL ISSUES
▶ Nutritional Concepts for Football Players
▶ Sports Psychology/Psychiatry: Recognition of the Common Problems
▶ Infectious Disease – MRSA
▶ Question and Discussion

4:55 – 5:00 PM DAY 2 WRAP – UP

SATURDAY, MAY 7, 2016

8:00 – 8:50 AM
PERFORMANCE-ENHANCEMENT & THE FOOTBALL PLAYER: TRUTH FROM FICTION
▶ Current Drug Testing in the NFL and NCAA
▶ PEA’s – Stimulants and Common Supplements
▶ PEA’s – Anabolic Agents
▶ Question and Discussion

8:50 – 9:30 AM
NOVEL /EMERGING/CONTROVERSIAL THERAPIES
▶ Platelet Rich Plasma and Stem Cells
▶ Acupuncture and Dry Needling
▶ The Application of Evolving Sports Science Concepts for Injury Prevention and Return to Play
▶ Question and Discussion

9:30 – 9:45 AM BREAK

9:45 – 10:15 AM
PERSPECTIVE FROM THE OTHER SIDE
▶ Thoughts from a Sports Agent
▶ Thoughts from the Media

10:15 – 10:55 AM
CONTROL OF PAIN AND INFLAMMATION
▶ NSAIDS: A Rational Approach to Their Use
▶ Toradol: Is it Safe and Effective?
▶ Viscosupplement and Corticosteroid Injections
▶ Question and Discussion

10:55 – 11:00 AM WRAP-UP AND ADJOURN
FACULTY:

CO-CHAIRS:
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Former Pittsburgh Steeler
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Please note: Faculty and agenda are subject to change.
Housing
A block of rooms has been reserved at The Grand Hyatt Denver at a group rate of $189. Reservations may be made by calling 888 421-1442 and asking for the AOSSM/NFL Room Block. You can also book directly online at www.sportsmed.org. The reservation deadline is April 13, 2016. Rooms are guaranteed until this date pending availability. Attendees are encouraged to book early.

Registration costs are predicated on attendees staying at the Grand Hyatt Denver. A $150 differential is assessed to registrants staying at other hotels to offset expenses incurred. Meeting registrants will be confirmed with hotel master list.

Registration
Your advance registration must be received by the cut-off date of April 15, 2016. On-site registration hours will be as follows:

- Thursday, May 5, 2016: 6:30am to 5:30pm
- Friday, May 6, 2016: 7:30am to 5:30pm
- Saturday, May 7, 2016: 7:30am to 11:30am

On-Site Registration
On-site registration will be available for a surcharge of $100 (US) added to the pre-registration fees.

Cancellation/Refund Policy
A written request must be received in the AOSSM office prior to April 15, 2016. The registration fee, minus a $150 processing fee, will be refunded following the conference. No refunds will be made after April 15, 2016.

Target Audience
This activity is designed specifically for any physician, certified athletic trainer, physical therapist, coach or any others concerned with the management or prevention of injuries to the football team athlete.

Program
AOSSM attests that the people responsible for the development of this live activity did so independently and were not influenced by commercial supporters.

Continuing Medical Education Credit
The American Orthopaedic Society for Sports Medicine (AOSSM) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AOSSM designates this live activity for a maximum of 19.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Questions?
Email AOSSM at info@aoss.org

REGISTER TODAY! visit www.sportsmed.org/aossminis/FootballSportsMedicine